



## Activities for helping people with dementia

Many people experiencing memory loss can feel anxious and have a low self-esteem. The Befriending Service aims to promote self confidence by providing friendship alongside tailored activities.

We aim to provide activities that will tap into a person's past skills, memories, and interests - in order to boost a person's self-esteem and in turn reduce feelings of anxiety. We actively encourage a person in activities that will stimulate their senses which is proven to help those experiencing issues with memory loss.

Activities range from gardening, cooking, music therapy, exercise, art. They may involve dance, movement, visual stimulation, walking, or quiet time in conversation. The primary focus is not the actual activity but the quality and enjoyment of the interaction.

### Some of the activities we provide:-

- Looking at old photographs, or taking new photographs,
- Driving around/visiting a person's home town
- Baking/Cooking
- Gardening
- Doing an activity that a person enjoys (cafe, swimming, garden centres)
- Reading (poetry, affirmations, life wisdoms, jokes)
- Storytelling
- Art (Drawing, Painting, attending theatre/heritage sites)
- Listening to music
- Dance
- Exercise
- Memory games

Group activities are available at our Day Centres, and these include the above activities but are held within a group setting. These give a person the opportunity to meet new people within their community and also meet with guest speakers and activity organisers. Group activities can comprise of musical bands, group sing-along, slide-shows, bingo, arts and crafts, and chair based exercises.

### Some of the activity groups held previously:

- Music, Memories and Merriment with Brian Sullivan
- Flowers and the Garden with Jan Scott
- Ceramics, Arts and Crafts with Pauline Bloomfield
- Interactive Music with Tom Pilkington
- Metal Work and Jewellery with Julie Nadin

Please note that there will be an extra charge for attending group activities – £4 per activity.

If you require your Befriender to escort you, then there will also be an extra cost to cover any additional mileage expense.

Please do not hesitate to call our office if you require any further information **01433 620263**.

